

State of Nevada
Department of Administration
Risk Management Division
201 S. Roop St, Ste. 201
Carson City, NV 89701

Jan /Feb/Mar
Volume 2019, Issue 1



Risk-y Business

2018 Year-End Reports

The 2018 Health and Safety Survey and Year End Reports are required to be submitted to Risk Management by February 15th, 2019. Your department/agency/division's Year-End Report must include the following documentation:

- 2018 Health and Safety Survey with supervisor's signature page
- Quarterly Safety Meeting Agendas with Rosters
- Quarterly Site Inspections
- Two Evacuation/Fire Drill Checklist with Rosters
- Written Safety Program
- Emergency Action Plan
- OSHA 300 Log
- Indoor Air Quality Reports (if any were conducted)
- AED Monthly Inspections checklist that can be found on the Risk Management website at http://risk.nv.gov/Forms/Safety_Forms/

Please contact Joe Reeves at 775-687-1753 or jreeves@admin.nv.gov should you have any questions.



Mission

The mission of Risk Management is to preserve and protect State property and personnel. This is achieved by integrating agency programs that systematically identify and analyze exposures to risk, selecting and implementing appropriate risk control strategies, financing anticipated or incurred losses and regular monitoring for continual improvement and enhancement.

Vision

Our vision is to continually improve our service to the State, to protect the State's human, intellectual, physical and financial assets and resources and to collaborate with staff to help them meet their goals thereby minimizing the probability, occurrence and impact of accidental losses to the Government of the State of Nevada.

Philosophy

We believe that a successful Risk Management program requires proactive vs. reactive plans and actions. We believe that most risks can and must be identified and managed effectively. Overall, it is our belief that *prevention is better than the cure*.



Meet Our New Deputy Risk Manager

Risk Management is proud to announce Adria White as our new Deputy Risk Manager. Adria is coming to us from the University of Nevada, Reno, where she worked in Risk Management for almost seven years. Adria is a native Nevadan and received both her Bachelor's in Art, History and her Master's in Public Administration from UNR.

Please help us to give Adria a warm welcome! She can be reached at awhite@admin.nv.gov or at 775-687-1754.



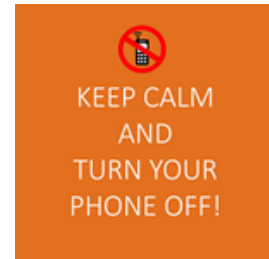
Meet Our New Administrative Assistant IV

Risk Management is proud to announce Crystal Cruson as our new Administrative Assistant IV. Crystal began working for the State of Nevada in 2013 with Business and Industry Directors Office as a Clerical Trainee and worked with them for almost 6 years. After, being promoted three times with Business and Industry, she accepted another promotion with Risk Management as their Administrative Assistant IV.

Please help us to give Crystal a warm welcome! She can be reached at crystal.cruson@admin.n.gov or at 775-687-1751.

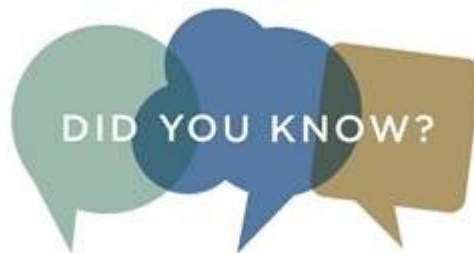
Digital Detox

Do you ever feel overwhelmed by the digital world, but don't know how to disconnect? Risk Management is now offering a class that will help you avoid "Digital Infobesity".



This course is designed to provide awareness of "Digital Infobesity" and the stress that sometimes accompanies it. A digital detox is a temporary period of fully disconnecting from all digital devices to focus on social interaction, reduce stress, and be fully present in the world 'offline'. One of the objectives of this 90-minute presentation is to offer methods to "Detox" or unplug from our digital devices and information overload.

We currently have two classes scheduled in February one on the 12th in Carson City and one on the 21st in Las Vegas. We also have one scheduled on May 7th in Reno. Please continue to check NEATS for additional dates.



Workplace Evaluation and Management Tools Training class is provided by the Safety Consultation and Training Section (SCATS).

To attend this class, you must enroll through their website <https://www.4safenv.state.nv.us/>. Should you have questions regarding this class or upcoming classes please contact SCATS directly at (702) 486-9140.

Life's Simple 7

Do you know there are seven easy ways to help control your risk for heart disease? Manage your heart risk by understanding “Life’s Simple 7.”

1. Get active

Daily [physical activity](#) increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

2. Control cholesterol

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much [bad cholesterol \(LDL\)](#), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

By engaging in at least 150 minutes of moderate exercise a week, avoiding tobacco smoke and eating a heart-healthy diet, you can actually play an active role in lowering your cholesterol.

3. Eat better

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

4. Manage blood pressure

[High blood pressure](#) is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries.

5. Lose weight

If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

6. Reduce blood sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate [diabetes](#) or pre-diabetes.

Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.

7. Stop smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.

Go Red for Women-2018

Live.Life.Healthy

Ask Insurance Lady Mo*



Question: When is Cyber Liability Insurance required?

- A) For all contracts?
- B) For all Technology/IT contracts?
- C) For all contracts involving confidential/sensitive information?

Answer - C:

For all contracts in which the contractor is handling confidential or sensitive data. Examples of confidential data includes (but not limited to): Personally identifiable information (PII) which is any data that could potentially identify a specific individual, Protected Health Information (PHI) and certain financial account information.

Question: What does Cyber Liability Insurance cover?

Answer: It provides protection to companies should that confidential information fall into the wrong hands, sometimes called a “breach” (whether the information is contained in electronic or hard copy/written form). In part, the coverage pays monies to address legal issues (i.e. lawsuits/regulatory fines) and will pay expenses to notify affected individuals and/or to offer credit monitoring services.

For more information contact Maureen Martinez at 775-687-1756.

***She might not be “Flo”, but she is here to answer your contract insurance questions!**